

Charity Registration No. 1070611

Company Registration No. 3453945 (England and Wales)

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2008

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	David Brain Peter Searl Valerie Huet (Chair) Kay Trainor Ben Gatherer (Treasurer) Jane Sweet
Secretary	Jennifer Birrell
Charity number	1070611
Company number	3453945
Principal address	24-27 White Lion Street London N1 9PD
Registered office	c/o CMS Cameron McKenna Mitre House 160 Aldersgate Street London EC1A 4DD
Auditors	H W Fisher & Company Acre House, 11-15 William Road London NW1 3ER
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA HSBC Lion House 25 Islington High Street Islington London N1 9LJ

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
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CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2008

The trustees present their report and accounts for the year ended 31 March 2008.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 1985 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005.

Structure, governance and management

The Claremont Project (Islington) is a registered charity (no. 1070611) and a company limited by guarantee (no. 3453945) and is governed by its Memorandum and Articles of Association.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The trustees, who are also directors for the purpose of company law are appointed by the existing board.

We recruit new Board members on the basis of the needs of the Board and in particular to ensure that the Board contains a good range of skills, experience, perspectives and expertise. Recruitment is by a mix of personal recommendation and advertising, specifying the particular skills required. Personal recommendation comes from other Board members, staff, advisors and users of Claremont services. A candidate meets first with both the Chair and Executive Director before being invited to meet other Board members, which is followed by a formal interview by existing Board members.

Election to the Board is by a vote of existing Board members. The Claremont United Reformed Church maintains a right to have two of its appointees on the Board at any one time and appointees need to be approved by a vote of the entire Board.

The trustees who served during the year were:

David Brain	
Peter Searl	
Hazel Cunningham	(Resigned 23 April 2007)
Valerie Huet (Chair)	
Kay Trainor	
Ben Gatherer (Treasurer)	(Appointed 23 April 2007)
Jane Sweet	(Appointed 23 April 2007)

Induction and training of trustees

New trustees are provided with background materials on the activities and history of the charity and spend time with members of staff learning about the various operations of the charity. Those trustees with particular interests in legal and financial matters (the Company Secretary and Treasurer, for example) are briefed in detail on processes, systems, reporting procedures, and are given appropriate direct access to information systems. Trustees are also invited to meet users of Claremont's services.

Running the charity

The charity's governing body, its Board, meets 8-10 times a year. The Board sets strategic direction and oversees the proper operations of the charity but does not generally involve itself in detailed operational matters and decisions.

Responsible to the Board is the Chief Executive Officer, Paul Tjasink, who is invited to attend and report to Board meetings. Paul manages all operational matters, including management of other staff, and may also recommend policy to the Board for its discussion. The Chief Executive Officer is not authorised to commit the charity to any single new expenditure over £2,000 without prior board approval. All expenditure requires at least two signatures, one of which must be from a Trustee.

There is a Users Committee, which is made up of those using Claremont services, which advises staff and the Board on various operational matters and this group meets monthly. Some Board members are also users of Claremont services or have other potential conflicts of interest. In all cases where a conflict of interest may arise, Board members declare their interest and remove themselves from the meeting.

CLAREMONT PROJECT (ISLINGTON)
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2008

Related parties

The Charity leases the Claremont Building from the United Reformed Church Thames North Trust (registered as a charity and trustee for Claremont United Reformed Church). The lease was entered into in December 1999, for a period of 28 years, at a rental of £13,000 per annum. The church also agreed to provide income of £11,000 per annum until December 2008 to support the day centre activity of the company.

The following trustees have common trusteeship with the organisation listed below:

David Brain and Peter Searl
Claremont United Reformed Church.

Risk management

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Objectives and activities

The charity's objects are to promote such charitable purposes as the trustees shall think fit, in particular though not limited to, promoting, protecting and preserving the welfare, health, recreation, and education of the inhabitants of the London Borough of Islington and surrounding areas and relieving poverty, sickness and distress.

In this financial year, the charity had the following significant aims:

1. To assist older people, especially isolated people not already engaged in some form of community-based service, especially with regard to their mental welfare, health and recreation needs.
2. To grow the charity's user base of older people.
3. To assist adults in the area of benefit in need of mental health services and to increase the numbers of those served.
4. To continue to add to the charity's portfolio of innovative arts therapies and arts-in-health community-based services.
5. To promote positive multicultural understanding and friendships across communities to further the welfare and education of local residents, especially those with little previous exposure to or understanding of other cultures.
6. To continue to invest in the development of the charity's building as a community resource and base for activities.
7. To continue to build a sustainable economic model for the charity based in part on income generated from the use of the Claremont building.

The charity had the following objectives for 2007 - 2008:

1. To serve at least an additional 100 older people (new members).
2. To provide at least 1,000 sessions/activities.
3. To serve at least an average of 25 psychotherapy clients and 4 art psychotherapy clients at any one time.
4. To see statistically significant positive movement on all measures of clinical evaluation scores (CORE) and an average end score below the threshold for clinical status (i.e. a return to "normal").
5. To add to the number of activities on offer.
6. To run monthly cross-cultural events (starting in June).
7. To renovate the Upper Hall.
8. To maximise appropriate use and income from office and hall lettings.

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2008

Achievements and performance

Details of the achievements of the charity during the year were as follows:

Objective 1: To serve at least an additional 100 older people (new members)

We had 132 new older people join as members of Claremont during the year in addition to previously enrolled members. Our total active membership at year end was 441. (We revised our previous definition of membership numbers to exclude those still registered with us but who are inactive. A member is automatically removed from our database after 3 months of non-attendance. If someone returns after this time, as some do, often after an illness, they are of course free to rejoin.) We exceeded our target of 100 for new members as a result of the very positive impact of our outreach work and our thanks go to staff members Sara Nesbitt, Megan Tjaskink, and Louise Lappin for their sterling efforts in successfully engaging with previously isolated people. Much of this work was funded by The Big Lottery Fund (programme development for isolated/excluded older people) and The Bridge House Trust (outreach to isolated/excluded older people); grants which come to an end part way through next financial year.

Objective 2: To provide at least 1,000 sessions/activities

We provided 1,138 sessions over the year, not including one-to-one psychotherapy and art psychotherapy sessions and clients. These were conducted by 27 session facilitators. This total included 3 art psychotherapists, 1 drama therapist, and 1 music therapist. In addition there were 9 psychotherapists seeing one-to-one clients.

Objective 3: To serve at least an average of 25 psychotherapy clients and 4 art psychotherapy clients at any one time

We had an average of 34 psychotherapy and art psychotherapy clients at any one time during the year, up from an average of 23 psychotherapy clients last year. Although we increased the numbers served by engaging more therapists, demand for our services significantly outstripped our capacity for provision and unfortunately we had to close our waiting lists on a regular basis. The main obstacle to adding new capacity was financial - primarily the costs of supervision, therapists' fees, and room use costs (the opportunity cost of using a room that we could let to others). Further, we identified that to grow the service means increasing management capacity in order to manage assessments, assignments, therapist enquiries, changes to bookings, etc. We hope to be able to develop the service further over the next few years and this will almost certainly depend on external fundraising. Our area of London remains one of the country's most needy in terms of mental health provision and we are only one of a very few services offering low cost, longer term therapies.

Objective 4: To see statistically significant positive movement on all measures of clinical evaluation scores (CORE) and an average end score below the threshold for clinical status (i.e. a return to "normal").

As noted in previous years' reports, we use the widely regarded Clinical Outcomes in Routine Evaluation (CORE) system for outcomes evaluation of our clinical work. Based on these evaluations, we have seen significant positive change for men and women clients. The average overall score for women started at a clinical level (i.e. not within the "normal" range) and for men, scores were well above that level. The "Functioning" dimension (one's ability to cope with life and get things done) was the most problematic for our clients at the start of therapy, with men's average start score for that dimension being almost double that of the clinical threshold, well beyond "normal". The averages for our clients ended well within the normal range, with statistically significant movement on all dimensions (Risk, Functioning, Problems, and Well Being). We also saw considerable reductions in women's "Risk" scores; a 71% decrease in the risk of violence towards others and/or suicide.

These are excellent results and they demonstrate very clearly how effective our service continues to be for our clients. We are grateful to Richard Cloudesley's Charity for its support of this service.

Objective 5: To add to the number of activities on offer

We added to our services through partnerships with Room to Heal (provision of a therapy group for refugee victims of torture) and with Sadlers Wells (a salsa group and a dances from the musicals group for older people). We also continued working closely with organizations such as the British Association of Art Therapists, The Royal College of Music, Aqua Terra, Fujian White Crane, and The Roundabout Group (a drama therapy charity).

Objective 6: To run monthly cross-cultural events (starting in June)

We ran 10 "Culture Shock" events. These were extremely successful events, which combined performance, discussion and cultural explanation. With the generous support of the Cripplegate Foundation, we will be continuing the programme next year. Events included: Nzinga African Dance, Turkish and Kurdish Folk Music and Dance Group, Caribbean Steel Band, Bollywood Dreams Dance Company, Egyptian Dance and Music, Scottish Dance and Music with James Fairbairn, Flamenco with Sandra la Espuelita, and Irish Dance and Music with The Beer and Baccy Band.

CLAREMONT PROJECT (ISLINGTON)
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2008

Objective 7: To renovate the Upper Hall

We renovated the Upper Hall, including putting in a specialist dance/activity floor. This work was also supported by the Capplegrave Foundation, to whom we are most grateful.

Objective 8: To maximise appropriate use and income from office and hall lettings

As noted in last year's report, the Clod Ensemble vacated the first floor of the Claremont building at the end of March 2007. We were pleased to offer short-term emergency low cost accommodation to The Latin American Elderly Project (LAEP), who lost their previous home due to redevelopment. LAEP offers a range of services similar to Claremont's but aimed specifically at the local Latin American elderly population. Claremont granted LAEP a lease which ends in January 2009, by which time it is hoped that LAEP will have found an affordable permanent home elsewhere. Claremont was keen to encourage cross-cultural activities and events for members of both organizations and there was some success with this during the year.

The changes to the first floor also meant that we could run some more of our own activities and these have included the Room to Heal group and some of the Sadlers Wells classes. We have also been able to let the hall space in the evenings to groups consistent with our aims and objectives, generating additional core income.

This year we said goodbye to Community Language Support as a temporary tenant and welcomed A National Voice as a long term tenant. A National Voice campaigns on behalf of children in care.

Discussions with our landlord, Thames North Trust (a charitable trust of the United Reformed Church), about obtaining the freehold of our building or a 100 year + lease, continued. Unfortunately no progress was made, despite the support of the local church. We will continue with the substantial remainder of our 28 year lease and may renew that term for another 28 years in the next two to three years, well before the expiry of the original, in order to secure long term plans for building development.

Financial review

For the year ended 31 March 2008, the results show a net surplus of incoming resources over resources expended of £5,396 (2007: £15,931) and net assets of £164,425 (2007: £159,029).

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level of at least £15,000. The aim is to have sufficient funds to close the charity down in an orderly fashion in the event of a sudden termination of charitable activities. This level of reserves has been maintained throughout the year.

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2008

Plans for the future

Next financial year, the charity has the following significant aims and objectives:

1. To assist adults of all ages in the area of benefit in need of mental health/well being services and to increase the numbers of those served.
2. To develop our management processes and monitoring for our mental health services and to investigate joining national benchmarking schemes and quality systems.
3. To continue to achieve significant positive movement on client CORE scores.
4. To continue to add to the charity's portfolio of innovative arts therapies and arts-in-health community-based services and in particular to explore the development of animal assisted therapy (AAT) and short educational courses.
5. To continue to assist older people, especially isolated people not already engaged in some form of community-based service, especially with regard to their mental welfare, health and recreation needs.
6. To maintain the charity's active user base of older people at around 440 members.
7. To promote positive multicultural understanding and friendships across communities to further the welfare and education of local residents, especially those with little previous exposure to or understanding of other cultures.
8. To continue to invest in the development of the charity's building as a community resource and base for activities.
9. To continue to build a sustainable economic model for the charity based in part on income generated from the use of the Claremont building; to review office and hall lettings and usage and in particular to let first floor spaces so as to yield greater income.
10. To develop the organization's fundraising capacity, particularly ahead of the ending of the large Big Lottery and Bridge House grants (worth approximately £50,000 a year or the bulk of funding for two of our 5 posts).
11. To continue to see high rates of positive outcomes from our services.

Thanks

We were very grateful to receive continued financial and moral support from Claremont United Reformed Church. As mentioned earlier we also received significant financial support from the Big Lottery Fund, the Bridge House Trust, Richard Cloudesley's Charity and the Cripplegate Foundation. In addition we are most grateful to the members of Fujian White Crane who raised over £3,500 for us as a result of their "sponsored endurance stances"! Our thanks to all of our supporters and also to all our staff, third-party tutors, facilitators and volunteers, for their hard work over what has been another very successful and rewarding year.

We are particularly grateful to those who volunteered their services for our various activities, especially Kerry Schultz, who runs the tai chi classes, and Mara Lieven and Hanako Chiba who (respectively) assisted with the art therapy and craft groups. The number of non-clinical volunteers fell from an average of 7 part-time people over the course of a week to 5. This was mainly due to a desire on our part to move away from shorter term placements to focus on long term commitments by volunteers. We now ask for a minimum commitment of six months, although we prefer at least a year. This is primarily in our clients' best interests but also serves the volunteer, inasmuch as it provides time to build good relationships and learn about the specialised way we work. Our 9 psychotherapists all work for us on a voluntary basis and therefore constitute a significant economic benefit to the charity.

Disclosure of information to auditors

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

Auditors

In accordance with section 385 of the Companies Act 1985, a resolution proposing that H. W. Fisher & Company be reappointed as auditors of the company will be put to the Annual General Meeting.

On behalf of the board of trustees

Valerie Huet (Chair)

Trustee

Dated:

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the accounts in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources, including its net income and expenditure for the year.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
INDEPENDENT AUDITORS' REPORT
TO THE MEMBERS OF CLAREMONT PROJECT (ISLINGTON)

We have audited the accounts of Claremont Project (Islington) for the year ended 31 March 2008 set out on pages 8 to 15. These accounts have been prepared under the accounting policies set out on page 10.

This report is made solely to the company's members, as a body, in accordance with Section 235 of the Companies Act 1985. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditors

As described on page 6, the trustees, who are also the directors of Claremont Project (Islington) for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Our responsibility is to audit the accounts in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the accounts give a true and fair view and are properly prepared in accordance with the Companies Act 1985. We also report to you whether in our opinion the information given in the Trustees' Report is consistent with the accounts, if the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our audit, or if information specified by law regarding trustees' remuneration and transactions with the charity is not disclosed.

We read other information contained in the Trustees' Report, and consider whether it is consistent with the audited accounts. We consider the implications for our report if we become aware of any apparent misstatements or material inconsistencies with the accounts. Our responsibilities do not extend to any other information.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the accounts. It also includes an assessment of the significant estimates and judgements made by the trustees in the preparation of the accounts, and of whether the accounting policies are appropriate to the charity's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the accounts are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the accounts.

Opinion

In our opinion:

- the accounts give a true and fair view in accordance with United Kingdom Generally Accepted Accounting Practice of the state of the charity's affairs as at 31 March 2008 and of its incoming resources and application of resources in the year then ended;
- the accounts have been properly prepared in accordance with the Companies Act 1985; and
- the information given in the Trustees' Report is consistent with the accounts.

H W Fisher & Company

Chartered Accountants
Registered Auditor
Acre House, 11-15 William Road
London
NW1 3ER

Dated:

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2008

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2008 £	Total 2007 £
Incoming resources from generated funds						
Voluntary income	2	26,033	-	69,127	95,160	74,030
Investment income	3	7,212	-	-	7,212	6,017
		33,245	-	69,127	102,372	80,047
Incoming resources from charitable activities	4	157,008	-	-	157,008	160,547
Total incoming resources		190,253	-	69,127	259,380	240,594
Resources expended						
Costs of generating funds						
Costs of generating donations and legacies	5	19,188	-	-	19,188	13,539
Net incoming resources available		171,065	-	69,127	240,192	227,055
Charitable activities						
Classes, activities and letting		153,146	9,673	69,127	231,946	209,655
Governance costs	8	2,850	-	-	2,850	1,469
Total resources expended		175,184	9,673	69,127	253,984	224,663
Net income/(expenditure) for the year/ Net movement in funds		15,069	(9,673)	-	5,396	15,931
Fund balances at 1 April 2007		59,029	100,000	-	159,029	143,098
Fund balances at 31 March 2008		74,098	90,327	-	164,425	159,029

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 1985

CLAREMONT PROJECT (ISLINGTON)
 (A COMPANY LIMITED BY GUARANTEE)
 BALANCE SHEET
 AS AT 31 MARCH 2008

	Notes	2008 £	£	2007 £	£
Current assets					
Debtors	11	18,905		1,464	
Cash at bank and in hand		178,374		179,557	
		<u>197,279</u>		<u>181,021</u>	
Creditors: amounts falling due within one year	12	<u>(32,854)</u>		<u>(21,992)</u>	
Total assets less current liabilities			<u>164,425</u>		<u>159,029</u>
Income funds					
Unrestricted funds:					
Designated funds	14		90,327		100,000
Other charitable funds			74,098		59,029
			<u>164,425</u>		<u>159,029</u>

The accounts were approved by the Board on 24/09/08



Valerie Huet (Chair)
 Trustee

CLAREMONT PROJECT (ISLINGTON)
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2008

1 Accounting policies

1.1 Basis of preparation

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Companies Act 1985.

1.2 Incoming resources

Grants are accounted for in the year in which they are receivable. Grants received in advance are taken to income in future periods.

Income relating to classes, lettings and activities represent the invoiced value of services provided.

1.3 Resources expended

Resources expended are recognised in the period in which they are incurred.

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration on each activity, comprising salary and overhead costs of the central function, is apportioned across cost categories on the basis of an estimate of the proportion of time spent by staff on those activities.

1.4 Accumulated funds

Unrestricted general funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds are unrestricted funds earmarked by the management committee for specific purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.